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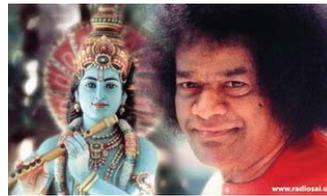
*The Sri Sathya Sai Baba  
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to awaken in all people the  
awareness of their inherent divini-  
ty and to encourage the practice  
of the universal principles of  
Truth, Right Action, Peace, Love  
and Non-violence through person-  
al example and selfless service.*

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## MAHA SIVARATHRI 2011



*“The very Divine Principle which seekers strive to visualize by means of years of asceticism and renunciation, japa (recitation of holy names) and thapas (penance), is before you here and now; realise the good fortune you are endowed with. I have this day, the holy day of Sivarathri, granted pardon for all the errors you have fallen into knowingly or unknowingly up to this time. Have auspicious thoughts, speak auspicious words and do auspicious deeds. And as a result of this, attain the Embodiment of Mangala (auspiciousness), Shiva Himself.”*

*~ Baba*

**SIVARATHRI DISCOURSE, 1978**

**“All Religions are facets of the same Truth”**

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## Festivals ~ 2011

<b>March 2</b>	Maha Sivarathri
<b>April 4</b>	Ugadi
<b>April 12</b>	Sri Rama Navami
<b>May 6</b>	Easwaramma Day
<b>July 15</b>	Guru Poornima
<b>August 22</b>	Krishna Janmashtami
<b>Sept. 1</b>	Ganesh Chaturthi
<b>Oct. 6</b>	Vijaya Dasami
<b>Nov 12-13</b>	Akhanda Bhajan
<b>Nov 23</b>	Bhagavan’s 86th Birthday
<b>Dec 25</b>	Christmas

**“Every night is marked by darkness. But tonight it is Sivarathri (the holy night of Lord Siva). What is the difference between Rathri (night) and Sivarathri? For the man who has recognized his divinity, every night is Sivarathri. For the man immersed in worldly concerns, all nights are the same. That night is marked by darkness. This night is marked by light. Spirituality is the lighthouse that spreads light for the man who is full of despair, immersed in insatiable desires. The name of God is the lighthouse. By chanting the name, the bearer of the name can be realized.”**

~Baba

# Sivarathri, Significance

Sivarathri is a very auspicious day for all. It is celebrated on the night of the month of Phalgun, which is the fourteenth day in the krishnapaksha or dark half. The festival is related to the Moon rather than the Sun. That is the reason why it is called Sivarathri (the night of Shiva). Unlike other nights, this particular night is the night consecration, of dedication, of illumination.

The mind is intimately associated with the Moon. Chandra (the deity of the Moon), is the presiding deity of the mind. He loses one sixteenth of his brilliance every day after the Full Moon day and continues waning until on this night he is left with just one sixteenth of his power. The waned Moon may be taken to stand for the mind with all its vagaries and waywardness reduced after it has been conquered by sadhana (spiritual discipline). On this night there is just a minute part of the mind left to be conquered and that can be done by keeping vigil and dwelling on the Glow of God. The vigil that is prescribed is symbolic of the eternal vigil one has to observe, while the rite of fasting is symbolic of divesting the senses of the pleasures they crave for. The night-long bhajan (congregational singing of devotional songs) is significant of the lifelong consciousness of the Divine Presence that every one should cultivate. The rites and vows laid down for Sivarathri being absent on other nights of the year, their observance on this day comes as a reminder that they are useful.



The thoughts we indulge in, shape our nature  
There are three types of men:

1. **the multi-centred,**
2. **the uni-centred and**
3. **the non-centred.**

The **multi-centred**, who allow their senses, mind and intelligence to wander where they will, is a very populous group. So also is **the non-centred**, which comprises people who flit from one object to another, hop around from one thing to another in listless flippancy.

For earning the concentration and single-centredness characteristic of **the uni-centred**, the festival of Sivarathri is very propitious. The bhajans and the ceaseless flow of kirthans (songs) and namasmaran (remembering God's name) on this occasion help in the attainment of single-centredness.

**You must realise that bhajan, namasmaran and puja (ritualistic worship) are not for pleasing or propitiating God, but for our own spiritual progress.** Frequently people flatter the rich and the powerful in order to induce them to shower gifts on them. But God does not shower Grace on people because they sing His praises. Nor does He come down upon them because they do not deify Him. Recitation of the Divine attributes only enables us to dwell on elevating ideals and approximate ourselves more and more to the Divinity that is our nature. We become what we contemplate.

By constant thought, an ideal gets imprinted on our heart. When we fix our thoughts all the time on the evil that others do, our mind gets polluted by the evil. When, on the contrary, we fix our mind on the virtues or well-being of others, our mind is cleansed of wrong and entertains only good thoughts.

No evil thought can penetrate the mind of a person wholly given to love and compassion. The thoughts we indulge in, shape our nature; along with others, they affect us too. For example when a flash is released to photograph someone, his face is lit; but so, too, to a certain extent, is the face of the photographer.

**Effect of thought on mind cannot be avoided**

When a municipal truck full of refuse passes by, you are affected by the bad smell even though you may be standing afar. Similarly, a thought may be momentary, it may be trivial, yet its effect

on the mind cannot be avoided.

It was because the ancient sages knew this important truth that they declared: "**He who knows Brahman becomes Brahman.**" The only way to become Brahman is to be ever immersed in contemplation of Brahman. With a lump of salt; on one's tongue, how can any one relish the sweetness of honey or fruits? With a lump of candy on the tongue, how can the taste of salt and savoury be known? Immerse your mind in good thoughts and world will be good; soak it in bad thoughts and the world will be bad for you. So, recollect only good, think, plan and do only good, speak and act only good. Then as a result you will approximate God, the source of all good. This is the message of Sivarathri.

~ Baba

Sivarathri Discourse on March 7, 1978

**“Siva is worshipped with the three-leaved Bilva, for, He is immanent in the three worlds, in the three phases of time, in the three attributes of nature. He removes the three types of grief; He has no basis outside of Him; He is the source of bliss; He is the embodiment of the sweetness and efficacy of nectar. Since every being is Siva-Swarupa (of the nature of Siva) – for without Siva, it is mere ‘Sava’ (corpse); man has to live up to that divine status.”**

~Baba

# Story of King Chitrabhanu



In the Shanti Parva of the Mahabharata, Bhishma, whilst resting on the bed of arrows and discoursing on Dharma, refers to the observance of Maha Sivaratri by King Chitrabhanu. The story goes as follows.

Once upon a time King Chitrabhanu of the Ikshvaku dynasty, who ruled over the whole of Jambudvipa, was observing a fast with his wife, it being the day of Maha Sivaratri. The sage Ashtavakra came on a visit to the court of the king. The sage asked:

**"O king! why are you observing a fast today?"**

King Chitrabhanu explained why. He had the gift of remembering the incidents of his previous birth.

The king said to the sage: "In my past birth I was a hunter in Varanasi. My name was Suswara. My livelihood was to kill and sell birds and animals. One day I was roaming the forests in search of animals. I was overtaken by the darkness of night. Unable to return home, I climbed a tree for shelter. It happened to be a bael tree. I had shot a deer that

day but I had no time to take it home. I bundled it up and tied it to a branch on the tree. As I was tormented by hunger and thirst, I kept awake throughout the night. I shed profuse tears when I thought of my poor wife and children who were starving and anxiously awaiting my return. To pass away the time that night I engaged myself in plucking the bael leaves and dropping them down onto the ground.

The day dawned. I returned home and sold the deer. I bought some food for myself and for my family. I was about to break my fast when a stranger came to me, begging for food. I served him first and then took my food.

At the time of death, I saw two messengers of Lord Siva. They were sent down to conduct my soul to the abode of Lord Siva. I learnt then for the first time of the great merit I had earned by the unconscious worship of Lord Siva during the night of Sivaratri.

They told me that there was a Lingam at the bottom of the tree. The leaves I dropped fell on the Lingam. My tears which I had shed out of pure sorrow for my family fell onto the Lingam and washed it. And I had fasted all day and all night. Thus did I unconsciously worship the Lord.

I lived in the abode of the Lord and enjoyed divine bliss for long ages. I am now reborn as Chitrabhanu and became the king in Ikshvaku dynasty."

# Halagappa's Story

My parents were devotees of Shirdi Sai Baba. In those days 'SAI' was already a name often used by us in our little family, which lived in a village called 'Kikkeri' of Mandya District of Karnataka. I lost my parents when I was very young and I became an unsettled orphan in that parentless family.

I left home and for the next five to six years I was wandering from place to place visiting many a holy pilgrimage centers, often in the company of some wandering monks. On such a journey during the year 1953, I had also been to Puttaparthi and visited the young Sai Baba. In those days, a metallic archboard bearing the words in Telugu 'Bhagavan Sri Sathya Sai Baba Prasanthi Nilayam' was there on the main gate of Puttaparthi. The word 'Bhagavan' attracted my curiosity of the reality of Baba and I wanted to taste the powers of Baba and stayed there for a few days. I was not much impressed

first in any way about Baba, as I was in the company of other sadhus who were familiar with some tantric tricks. My companionship with sadhus, instead of giving me spiritual knowledge, resulted in my addiction to narcotics and allied activities.

I was now about twenty years old and I was growing up with a distinct personality. I had the opportunity of visiting Rishikesh where I met a divine master named Swami Shradhananda. I was blessed to be his servant for some time. The Swami

told me about Bhagavan Sri Sathya Sai Baba and His divine qualities.

Once Bhagavan Baba had visited the Ashram of Swami Sivananda of Rishikesh and many sadhus in that area had the darshan of Bhagavan Baba. Swami Shradhananda did not go to Him. The Swami told me that Bhagavan Baba can come to us whenever and wherever we yearn for His darshan. Swami Shradhananda was known for his higher attainment of yogic practices. One day

Swami Shradhananda narrated to me about his experience of Bhagavan Baba's visit to His dwellings, when at the same time Baba was in Rishikesh in Swami Sivananda's Ashram. Swami Shradhananda had particularly told me that my peaceful future would be by the blessings of Bhagavan Sri Sathya Sai Baba.

After the samadhi of Swami Shradhananda in Mount Abu, I returned to South India. My mind was wooing to be near Bhagavan Baba's divine feet. I went to Puttaparthi. Baba did not speak to me. He was so different and unlike many other swamis who generally impress those who come to them. I was very much disappointed and became upset in life without a clear direction. My experience with sadhus who often choose to live by begging made me feel ashamed. My daily needs forced me to steal valuable things. I also used to be a clever liar to collect money. I was lead to the pleasures of alcoholic





sensations.

Once again I was in Bangalore when I learnt that Baba was in Whitefield. I rushed for His darshan. Just then Baba was leaving in His car to a devotees house for lunch and I followed Him by foot to that place. When Baba saw me standing outside the compound wall, He asked me to have food in that house. When He returned to Whitefield, I followed Him immediately. This time Baba spoke to me at length and advised me to join some place to work without wandering aimlessly.

I followed Baba's words and I was given a job: physical labor at Pandavapura Sugar Factory. I yearned to be at Puttaparthi. I was a regular participant at Sri Ramachandra Shetty's Bhajan Center in Mysore. Baba had blessed his house by His divine presence many times. The song 'O! Bhagavan. O! Bhagavan' was my song of the soul and I cried with it to Baba about my misfortune. During that period, I was thrown out of my temporary job. I rushed by walk to Puttaparthi to have Baba's darshan. I was stopped by Baba himself at Penukonda Railway Level Crossing. He was driving down to Bangalore and asked me, "Where are you going?" I told Him that I was going to have His darshan at Puttaparthi. I told Him my problem and He told me, "You are

already having My darshan. And now return to your work! You will be given a permanent job." He also gave me 20 rupees for my needs. My joy knew no bounds! I spent every paise of it then and there and I returned to Pandavapura. Baba's words were true. I was again given a job in the same factory where I was working earlier.

Though I got a job it was really difficult to manage my earnings of only 2 rupees per day; my bad habits were many and my daily needs had to be met. Once during a Sivaratri festival I was at Puttaparthi and had stolen some clothing belonging to devotees and on my return to my place I exhibited them as a gift given to me by Baba!

The journey to Puttaparthi was not so expensive. A trip up and down to Puttaparthi was just costing 6 rupees. However, I was not fortunate enough to have even that amount at times. Once I was at Puttaparthi and I extended my stay beyond my limits of expenses. I had stolen a suitcase belonging to a devotee and secured it on the top of the hillock of 'Vata Vriksha' beside the big boulders, overlooking Prasanthi Nilayam. Baba had consoled the victim and assured him he would get his suitcase back soon. I was standing along with other devotees to get Baba's darshan, when Sri Kasturi came to me and directed me to see Baba in His room. There, Baba admonished me for my bad behavior and asked me to return the suitcase immediately. I pleaded with Him for pardon and told Him that I would not be doing such a nasty thing if only Baba had blessed me to have a decent life. I also pleaded my fear of police and publicity and sought His protection. Baba blessed me with His protection and told me that, "No big police officer, whatever be his rank, can ever touch you as long as you

have me for protection!" Then He sent Mr. Kasturi to collect the suitcase instead of me. He never disclosed this incident to anyone else. He gave me vibhuti but no money this time. Sri Kasturi after hearing everything about me and my devotion to Baba told me that in a way I was really blessed by Baba and paid for my return ticket to Pandavapura.

The job in hand was satisfactory. The wages were very meager. My bad habits were many. I also desired to have Baba's darshan often. I got into marriage on the advice of my well-wishers. But my grief was doubled in every respect especially as my journey to Parthi now became impossible.

I was set to satisfy myself with a photograph of Bhagavan kept for my daily worship at home and I became an example of wonder to the people around me for my degraded situation.

On 1963 Gurupoornima day, I was in Puttapparthi. There we learnt that Baba was suffering from a stroke of paralysis. Sri Kasturi explained to us that Baba's suffering was a result of His 'taking over' the disease of a devotee. It was already a week. On the day before Gurupoornima, Baba was brought out for public darshan, being carried on a chair held by a number of devotees. Baba was seen by us in a completely helpless situation as His left hand and leg were in a stiffened condition. All of us were thinking "Is this the situation for God even?"

Just then Baba was asking for a cup of water to drink. It was given to Him immediately. Baba had a few sips of water and seeing Him I felt bad and I broke into tears. I was crying as if Baba had left His body, ending His avataric mission! But Baba was soon standing in front of us, speaking to us with His sweet melodious voice.

This incident made a forceful impact on

me. During the speech He explained to us (among many things), His leela of taking over diseases belonging to His devotees as part of His mission. He also told us about His three divine Avatars; one was at Shirdi, the second which is now at Puttapparthi, and the third which would descend as Prema Sai at some place in Mandya District of Karnataka on the banks of Cauvery river.

At the same time I was telling myself if Bhagavan Baba was God really and on that next day if only Baba blessed me permitting me a padnamaskar at His feet untouched by anybody else, I would become a completely changed person devoting the rest of my life to service and would lead a life comfortably remembering His name and settling down on the banks of the river Cauvery at Sri Rangapatnam.

On the next day, Baba blessed this poor soul and his desire, and I am whatever I am today. His shower of blessing washed every cell in this body and gave me everything I dreamt of as an aimless wandering man. Besides blessing me with the shower of Vibhuti and flow of Amrith, He changed me totally to be an useful instrument in rendering some small help in giving shelter for many orphaned children who live with our own children in our house. My house is now full of such sweet names of our Lord, when I call my children Sai Prasad, Sai Prema, Sai Kumar, Sai Ganesh, Sai Shankar, Chitravathi, Prasanthi, etc., and I feel blessed to be constantly remembering Bhagavan Baba and His greatest Leela of reforming me and securing me strongly in His Divine embrace.

~Sri B. Halagappa  
Sri Rangapatnam

## Halagappa's Nectar Ring

When Dr. Dakshinamurti was attending a Conference of the International Atomic Agency in Ankara, he was unexpectedly asked to preside. Not being prepared for this, he prayed to Bhagavan for help. As he took the chair he saw before him Baba's raised palm with some important points for his speech written on it.

Another visitor brought to my room by my 'Big brother' Mr. Kasturi, was a man in whose house Baba's photo was producing vibhuti. Formerly a thief, Halagappa had reformed when Swami spotted him in a crowd and told him to give up his 'profession' and take a job which would be provided for him. He was now working as a mechanic in a sugar factory. When Halagappa come to my room bringing with him a large coffee can full of vibhuti, he gave a heaped spoonful to every one of the ten people sitting in my room. Closing the can, he turned it upside down several times, murmuring something. When he lifted the lid again, we looked at each other in amazement, for the can was full to the top! The next day I wrote down an account of what had happened and asked all those who had seen it with me, to sign in verification. I felt sure, that otherwise, no one at home would believe this had actually happened. In the evening Halagappa returned with yet another can - this time with sweet vibhuti in it. He told us that he used to gather the ashes from Baba's picture in his house and mix it with sugar before offering it to people when they flocked to his humble dwelling. One day his wife remarked that they couldn't afford the

sugar so they decided to do without it. The next morning when, as usual, they took a pinch of vibhuti from the photo they were surprised to find that it was sweet. Again he gave a liberal portion to each one of us and again the container mysteriously replenished itself.

We were very grateful to him for sharing this experience and gift with us and wishing to thank him we pulled out some money and heaped it in front of him.

'No, no, no,' he shook his head when we offered it to him, tears rolling down his cheeks. Feeling very uncomfortable about our well-meant offer, we quickly took back the money. The same day Halagappa bought a cheap, plastic ring in the bazar with Baba's image on it. After wearing it for a while he felt that his hand had become wet and sticky. He was thunderstruck upon finding that it was amrita, the nectar which Bhagavan gives to His devotees on some festival days. He was shaken by this act of Baba's grace, bestowed on him probably because he had withstood the temptation of money by not accepting ours. He placed the ring in an empty jar and the nectar began to increase in volume. A few days later he gave us all small bottles full of it to take home.

**~Late Indra Devi**

(Taught Sai Yoga for many years under guidance of Sri Sathya Sai Baba.)

# A Visit to Sri Rangapatnam

Today is the last day of our stay in Prasanthi Nilayam. Our stay here would be worthwhile if we could carry with us the peace and bliss of this place.

The last night at the sacred pilgrimage passed. The time to leave came. We were eager to go to Sri Rangapatnam to see Halagappa, a great recipient of Baba's grace.

We reached Bangalore. A taxi was fixed up for going to Mysore at 2 p.m. Even if we could not go round the river, at a little way off stood the second bridge over the Cauveri. A pathway sloped down by the side. A signboard in English indicated, "Shri Sathya Sai Kripa". This was certainly the place. We alighted, and on enquiring came to know that Halgappa's room was locked up. How does it matter if the room was locked? Kasturi told us, that the feet were placed on the side of the river. We went down the steps, touched the water of the Cauveri, and saw Baba's two Feet placed inside a glass kiosk on a dias.

A grey-haired gentleman came up. He was bearded and wore a cloth folded double up to the knee. He took out the glass case. "Look, there is scented oil on all sides." We took out a little and rubbed it on our two palms. Vibhuti lay on the feet. "You may take it all, it will fill up again". He was Halgappa. He asked us where we came from and how we found the place. He listened to our reply and with folded hands took Sai Baba's name. He called us to his cottage.

It was a room with a tin roof and a door. There were pictures of gods and goddesses on all

sides. Nothing except the faces could be seen. Everything else was covered with Vibhuti and kumkum. Only Baba's red robed picture was clean. Some inscription was noticed on it. With this picture he went to Baba to fetch His autograph, but without a word Baba turned him back. Still he got the picture framed. The inscription appeared written with Vibhuti. His glory be thanked. I was overwhelmed. That was my first sight of Baba's miracle. He gave us several packets of Vibhuti and kumkum. Still there was a greater surprise awaiting us. He brought a steel utensil in which there was a locket in a big spoon. The pot was full of a white watery substance. He gave us a little to taste. How sweetly scented it was.

He took out the locket from the spoon, shook the spoon and placed the locket again. Nectar flowed down of itself. It was coming out all the time and filled the pot. We wanted to take it for our friends and relatives. We had neither a flask nor a bottle with us. Halgappa said, "I don't think I have a bottle with me, however let me see what I can do". He went somewhere close by and fetched a medicine bottle not very small. He said, "Possibly it was reserved for you." He washed the bottle in Cauveri water and kindly gave us the bottle filled with nectar. We had to leave the room soon. The time at our disposal was short.

**~Neeta Roy**

Neeta Roy is the author of "Sai Darshan"; Bangali translator of Howard Murphet's book "Man of Miracles"

**(The three articles on Sri Halagappa were obtained from <[www.saibaba.ws](http://www.saibaba.ws)>)**

# Hiranyagarbha Lingam

*Sai Baba manifested the Golden Lingam during a discourse to college students at Whitefield, near Bangalore, South India. Many people have been healed by touching this photo to their bodies. An Indian medical doctor, Dr. Doraisingham, from London, England, raised a child from the dead by holding the photo against his body. Sai Baba says that wherever this photo is kept, there will be blessings, healings and miracles.*

On May 5, 1991, Sathya Sai Baba materialized a golden egg shaped Lingam that has several names and is rich with symbolism. Baba said that the Hiranyagarbha Lingam (Golden heart lingam) "contains the entire universe in a microscopic form. It is a manifestation of the Trinity: Brahma, Vishnu, and Siva (God as Creator, Sustainer and Destroyer).

It is also the Atmic consciousness (Holy Spirit)--like a thread running through a pearl necklace. It is also the spiritual heart." In the Spiritual Heritage Museum in Puttaparthi there is a quote by Baba referring to the lingam as the Cosmic Seed of Creation."

After Sai Baba had manifested it, he said that it is a great blessing for anyone to receive this photo and that it should be kept in every home. His energy will work miracles through it. This is the first time that

anyone has ever heard Baba say this about a photograph.

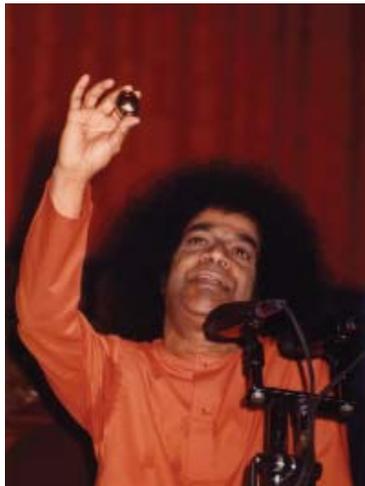
Dr. M. Doraisingham, whom I had never met, who sent the photo to me from England, sent

the following story in a four and a half page letter. Baba had just materialized the Golden Lingam while standing on the auditorium stage at the Trayee Brindavan Summer Course assembly. Baba asked Professor Sampath to hold the Lingam awhile so that he could watch the student cultural program. Professor Sampath is Vice Chancellor of the Sri

Sathya Sai Institute of Higher Learning, Puttaparthi, South India; he was thrilled beyond words. During the hour that Professor Sampath kept the Lingam he became warm and said that he was in a "state of divine ecstasy."

After the conclusion of the cultural program, Swami played a little joke on Professor Sampath. He touched the professor's pocket as if to brush off some dust. Later, as they were riding in the car together, Baba asked Professor Sampath for the

Golden Lingam. In his excitement to return the Lingam, Professor Sampath searched everywhere his shirt pocket, trouser pockets, the car seat. But he could not find it. Finally, Baba gave a joyful laugh



To download the picture click on the link below.  
<[http://www.sai Baba.ws/miracles/hiranyagarbha\\_lingam.jpg](http://www.sai Baba.ws/miracles/hiranyagarbha_lingam.jpg)>

and said that He had sent the Golden Lingham back where it had come from.

Dr. Doraisingham goes on to say "Swami says that He created the Universe at His own will and pleasure with the word AUM. Here again He proves this fact by creation of this microcosmic universe, with the wave of His hands in a few seconds, by His supreme will. This is the incredible power of our supreme Lord Sai, whose glory we cannot fathom. But we are able to have a small glimpse of it by the example of this Grand Miracle.

Dr. Doraisingham also said that on June 7, 1991, while walking to darshan to see Baba, he came upon a dead child beside the roadside, held by his mother. The doctor had just been given the Golden Lingham photo and held it against the child, who had just fallen out of an overcrowded van onto the road and been killed. He chanted "Om Sai Ram" many times while praying to Baba and massaged the boy's chest and abdomen. The dead child was restored to life with the energy of Sai moving through the photo and the next day, in an interview with a friend of Dr. Doraisingham, Baba confirmed the entire incident. Baba impressed the doctor to stop, to heal the child using the photo, and later said

to professor Anil Kumar "The child was dead at that point in time."

Each person who receives this background article will derive his own creative ways to use it for Loving help and service. Aside from placing it on one's altar or shelf, you might wish to keep a copy in your wallet, your car, your office desk, and in your briefcase or luggage. To give a framed copy to friends and loved ones with the background information is perhaps one of the most auspicious and thoughtful gifts one can give. You can take copy to an instant photo shop and have fifty or a hundred made very reasonably for distribution to Sai Center members, the ill, the elderly, the lonely, or the depressed.

What an enjoyable service, to transfer the Johnny Appleseed idea (tree planting across America) to one of being a spreader of the Cosmic Seed of creation.

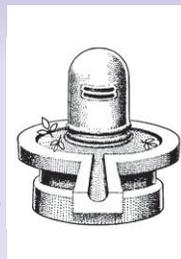
From: <WWW.SAIBABA.WS>

Connie Shaw's Book: "Mary's Miracles and Prophecies"

Visit Connie Shaw's website:

<<http://www.connieshow.com>>

"Just as AUM is the sound symbol of God, the Linga is the form symbol or visible symbol of God, the most meaningful, the simplest and the least endowed with appendages or attributes. The Linga means, that in which this universe (world of change) attains Laya or mergence or dissolution (Leeyate). All forms merge in the Formless at the end. Siva is the Principle of Destruction of all names and forms, of all entities and individuals. So, the Linga is the simplest sign of emergence and mergence, begining and the end." ~Baba



## Book Review

# Sai Baba My Pilot

Capt. V K Sharma has recently written an autobiography of his experiences with Sri Sathya Sai Baba. He had spoken about them in many Sai Centres in the east and west. He had the privilege of flying our beloved Swami for nearly twenty years.

The experiences Swami bestowed upon him are meant for all sincere and ardent seekers after Truth. Swami has Himself validated those experiences. The author has substantiated these experiences and utterances from various spiritual texts including the simple easily understandable Sri Sathya Sai books.

The objective of this book is to inspire devotees to realize the eternal truth of their Atma within themselves. This book is a practical guide to an intimate experience of the Reality.

An earnest spiritual seeker who can live the spiritual values can have a direct experience of the Self, the Atma within oneself, attaining eternal peace, bliss and deliverance from fear and bondage.

This book is a pathway to Self-Realization and God-Realization. It shows the way to progressive sadhana, methods, techniques, overcoming the obstacles that come in between. You will find answers to searching questions and doubts that hamper our spiritual progress. Very relevant topics have been described in this book that will increase the appetite for self-transformation and earn God's grace.

It is stated that the ultimate aim of all spir-

itual exercises is the control of senses and perfection in Yoga. Control of the senses, attaining a serene, tranquil and silent mind where in you will see the reflection of yourself, your Atma. At that moment "knock and the door will open" so says Jesus Christ. These Yoga Sutras and meditation techniques are also mentioned in this book.

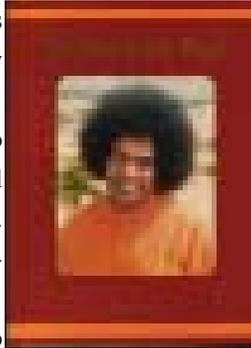
Capt. Sharma has related experiences with great Saints and Sages of India. He makes a special mention of Ramana Maharshi, who says, enquire "who am I?" and the answer will be your eternal Self, your Atma. This is an experience of Self-Realization.

Swami says: "You should first of all know what happiness is! Happiness as you understand it, is not truly happiness. In fact, true happiness lies in union with God. This you can develop by establishing contact with the Reality within you. In other words, being aware of the Divinity within you, you can make yourself happy in the world." This book shows the way for that transformation and self-realization.

This wonderful book, full of invaluable transformational techniques, was blessed by Swami in Sai Kulwant Hall during the 85th Birthday celebrations and now available in Toronto Sai Book Center.

To order your copy go to:  
<<http://www.saibooksonline.org/>>

Visit the Book website:  
<<http://saibabamypilot.webs.com>>



# Sai Family News

## Transformation: The SAI Ideal Ceiling on Desires

Transformation is a life time process. This process leads us nearer and nearer to our ultimate goal: God realization or becoming ONE with God. In fact transformation never ends until we merge with the Divine and full and final merger is the result of many births. Unique are highly souled beings who with God's grace may achieve God realization in a short span.

What is The Sai Ideal or how do we become The Sai Ideal individual? Our beloved Lord has said that we are not these bodies, not these minds; rather we are Divinity encased in human form. Swami has been delivering divine discourses for a number of years and in these discourses He has explained His quintessential spiritual proclamations: "GOD IS"! "I AM I"! "LOVE ALL, SERVE ALL"! This is truly a Divine revelation. Swami wants us to realize that we are not different from Him. We are verily God.

Our National Spiritual theme is The Sai Ideal, Ceiling on Desires. Swami says that if there are no desires, then one can truly experience Eternal and Supreme Happiness, which is what God Is. Ceiling on Desires is very important and is so broad that it can be utilized in all programs i.e. educational, seva/service, spiritual, social etc. We can derive

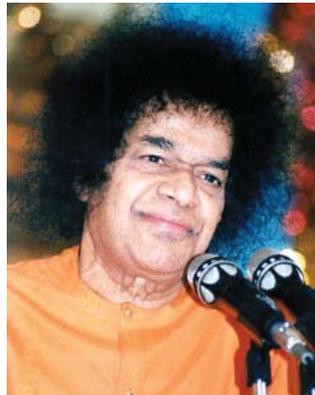
great value by practicing Ceiling on Desires from various avenues.

In order for us to evolve and be transformed, we need to be free of our ego and realize that we are Atma, Divinity. One of the ways in helping us to attain this realization is by regularly practicing Ceiling on Desires. Ceiling on Desires together with meditation will enable us to delve within and be in touch with our Atma. Loving All and Serving All selflessly (i.e. without any form of discrimination and unconditionally) will become a natural habit when we are more conscientious about our transformation and union with God. We begin to realize that we are one with God; we are Co-creators with God and that God in us is serving God in others. This process brings from within, all the God like supreme qualities already inherent in us.

This also reminds me of a beautiful quote by Sri Aurobindo who said "The will of self-giving forces away by its power the veil between God and man; it annuls every error and annihilates every obstacle." When the veil between God and us is lifted we find that we are not different from God.

Time passes by rapidly and it is vital for us to realize that we are the Divine in human form.

"This body is like a traveler's overnight



rest house. It is like a hotel for the Atma. As such, it is a temporary resting place. Like a watchman for the hotel, the mind is a watchman for the body. Life force or Atma is the traveler on a holy journey. There is no lasting connection between the traveler, the watchman and the hotel. The relationship is only temporary and fleeting. You are not permanently attached to your mind. Nor do you own the body. We should not waste this divine human life. This body is lifeless and negative in nature. It is not alive. When there is a divine positive (God) living within the negative body it can be put to good use. Just as we put clothes on the body, the body is the dress of the Divine Spirit.”

Divine Discourse 25/12/1979

How beautiful the above divine quotation is. Once we begin to understand these divine teachings, realizing GOD IS, I AM I, LOVE ALL SERVE ALL becomes clearer and easier.

As I have come to the conclusion of this article I would like to encourage everyone to earnestly strive to conceive the inconceivable and fathom the unfathomable. By putting in our sincere efforts in our transformation we will be the recipient of our Beloved Swami's divine grace and blessings.

~Sylvia (Saroj) Naidu

National Spiritual Coordinator

*(Please check with your Center President regarding the details of this National spiritual project ~ Editor)*



## Canadian Sathya Sai Newsletter

is available only ONLINE from 2011

The Birthday issue 2010 was the last print edition.

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<<http://newsletter.sathyasai.ca/>>